

# Spicy Broccoli and Friends

**Makes:** 6 or 50 servings

6 Servings

50 Servings

Ingredients	Weight	Measure	Weight	Measure
Onions, slivered	1 1/4 oz	1/2 cup	10 oz	4 cup
Green peppers, slivered	2 oz	1/2 cup	17 oz	4 cup
Broccoli, bite size pieces	6 oz	2 1/2 cup	50 oz	20 cup
Cauliflower, bite size pieces	6 oz	2 cup	50 oz	17 cup
Hoisin sauce		1 Tbsp		8 Tbsp
Soy Sauce, low salt		1 Tbsp		8 Tbsp
Garlic powder		1/2 tsp		4 tsp
Crushed red pepper		1/2 tsp		4 tsp
Cayenne pepper		1/4 tsp		2 tsp
White cooking wine	2 oz		16 oz	
Celery, chopped	1 oz	1/4 cup	8 oz	2 cup
Pea pods, fresh	2 1/2 oz	1/2 cup	20 oz	4 cup
Olive oil		1 Tbsp		1/2 cup

## Directions

1. Fill a large pot 1/2 full of water. Boil. Add carrots and cook for 3 minutes. Add cauliflower and broccoli and cook for another 3 minutes.
2. Heat oil in large saute pan or wok until just below smoking point. Add all vegetables to pan and fry for 3 minutes until tender. Add all seasonings and sauces. Blend well.
3. Serve hot.



## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>NA</b>	
Total Fat	NA	
Protein	NA	
Carbohydrates	NA	
Dietary Fiber	NA	
Saturated Fat	320 mg	
Sodium		

## Meal Components

Vegetables	1 cup
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